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THERE IS A CURE FOR WINTERTIME BLUES {pages 12-14}



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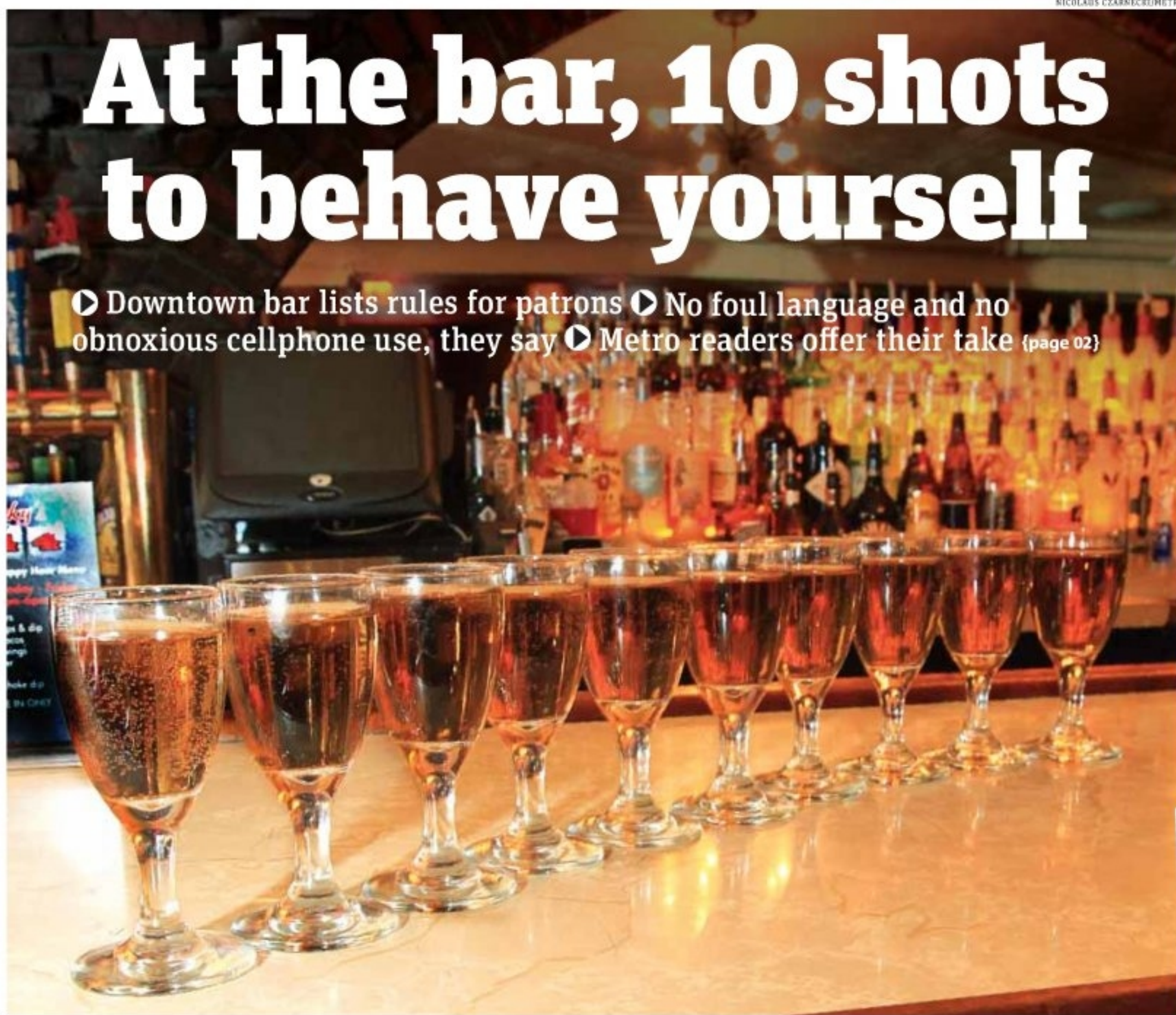
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BOSTON

letters@metro.us

At the bar, 10 shots to behave yourself

► Downtown bar lists rules for patrons ► No foul language and no obnoxious cellphone use, they say ► Metro readers offer their take {page 02}



THE RULES: 1) Thou shalt not covet thy neighbor's date. 2) No one on our staff goes by: Hey, Yo, Sonny, Pal, Honey, Pork Chop, etc. 3) No loud shrieking, shouting, ... flatulence or obnoxious cellphone use. 4) No groping ... mauling, sucking face, canoodling or heavy petting. 5) We welcome all comments, but refrain from, "You should ..." 6) The respectful customer is always right; the a--hole customer is always wrong. 7) No foul language. 8) Nobody's perfect. Exaggerating or lying on Yelp ... is for yellow-bellied cowards. 9) It's food and drink, not life and death. Don't take yourself too seriously. 10) Just don't be a d--bag.

Metropolitik

Debate: What are they lying about now?

► Candidates piled on Obama in Florida ► Did 'ObamaCare' kill jobs? ► Is the president just appeasing Iran? {page 07}

Could you rock a look like this?

If autumn/
winter show
is a glimpse
of the future,
you'll dress
like the past
{page 10}



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In the news

46

A theatrical group at Harvard spent 46 hours, 12 minutes, 52 seconds on the phone in an effort to set a new world record. Guinness World Records is reviewing the recorded conversation to determine if it will take the top title, according to The Harvard Crimson. During the performance art installation, the two students were allowed to take a five minute break every hour and could not stay silent more than 10 seconds.

METRO

Today's local tweet



"#mbta drivers: The bus is about 30 degrees hotter in the middle than up at the windshield. And your driving is going to make me hurt."

@JMIVERS ON THE BUS
COMMUTE HOME LAST
NIGHT

Bar pens 'law and order'

► At jm Curley, no flatulence or whining, they say ► Bar sets 'rules' for customers ► Metro, readers come up with rules for Hub bar hoppers

If you're going to act like a "d— bag," don't bother pulling up a stool at jm Curley's bar.

The new Downtown Crossing watering hole and restaurant, named after former Boston Mayor James Michael Curley, has a host of rules that the staff hopes people abide by.

The general rule? "Just don't be a d— bag," which is made known at the bar and is posted on its website as "Law and Order."

The online rules state in part: "Thou shalt not covet thy neighbour's date, nor his manservant, ... nor his cocktail, barstool, space."

But with Boston being rated the fifth rudest city in the country, according to a recent survey conducted by Travel & Leisure, matched with the Daily Beast's nomination as the drunkest, too, jm Curley may be onto something when it comes to bar etiquette.

Isaac Sussman, bartender at The Independent in Somerville, said there are a lot of things customers do that can be out of line.

"Waving people down, not saying please and thank you — it's common courtesy, really," he said.

According to Sussman, general politeness is key and can go a long way with someone who is not just waiting on you, but many other people as well.

The rules at jm Curley highlight that concept and take it a step further.

"No one on our staff goes by

Metro's rules

When Metro heard about the "rules" at jm Curley, we couldn't help but think of many more that could be on its list after having some less-than-stellar nights out:

► **Less flare:** Nobody wants to have a stare-off with you, bro. Stop flaring your nostrils and enjoy your beer.

► **Checking out:** Avoid staring at your cellphone all night and logging into FourSquare while live-tweeting what beer you're drinking. Enjoy your surroundings.

► **Extra baggage:** What's worse than getting banged around by someone's backpack on a crowded Green Line train? Getting pummeled by one in a crowded bar. Leave the luggage at home.

► **Dollar Holler:** This isn't the Golden Banana, so don't expect to get the bartender's attention by waving your dollars in the air like it'll get someone to drop trou.

► **Axe the smell:** One spray of your body odor cover-up is more than enough. You're burning our nose hairs with that deodorant spray.

'hey,' 'yo,' 'buddy,' 'tiger,' or 'pal,'" the rules state.

Oh, and also, "no groping, grab a—, mauling, sucking face, canoodling, or heavy petting" allowed.



► Don't bother sitting in this chair at jm Curley's if you're going to be a jerk.

Tweeters' rules

► **@HeyRatty:** ppl who step up to the bar without knowing what they want. Step aside for the big kids who know how to properly order a drink.

► **@strongaLegacy:** The girls that wear stiletto heels they

can barely walk in sober, never mind drunk.

► **@firetomfriedman:** People glued to their phones. If you can't be in a social situation w/o clutching your security blanket, stay home.

► **@RingPRgirl:** Yell loudly so you end up involved in conversations you want no

part of.

► **@AndreasSmoke:** Frat boys @ calm bar destroy the mood with their loud selves or that one guy that asks for a discount on a bud light — #annoyed.

► **@kuhriztin:** False confidence

STEVE ANNEAR
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T police put brakes on couple's thefts

NEW BEDFORD. A New Bedford couple was bagged for stealing catalytic converters from cars parked in MBTA lots just a day after T police said the thefts were an ongoing problem for commuters.

Police arrested Dennis

100

Additional converter thefts police said the Fagers may be behind.

Fager, 39, and Tina Fager, 37, for allegedly swiping three converters from cars.

Officers doing surveillance at Hanson and Halifax Commuter Rail stations Monday night caught the couple.

METRO



► Dennis Fager



► Tina Fager

Police arrest Dot man, find gun, laser sight, vest

A Dorchester man pleaded not guilty Monday to multiple drug and weapon charges after police discovered he had hundreds of rounds of ammunition in his home.

Joseph Sarro, 30, was ordered held on \$100,000 bail.

Police executed a search warrant at his home and found him in possession of heroin, marijuana, a loaded gun, a

400

Sarro was allegedly found in possession of hundreds of rounds of ammunition in his home.

laser sight, a bulletproof vest and ammunition. METRO

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Ask About Our Breakfast Plans

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News in brief



► Firefighters wanted

City prepping for firefighter exam

BOSTON. Those who dreamed as a child of becoming a firefighter now have a chance. The city of Boston announced yesterday it is accepting civil service applications for the 2012 firefighter exam.

The Boston Fire Department will host open houses starting Saturday and running through March.

For more info visit www.cityofboston.gov/fire.

● METRO

Lynn woman gets canned at store

BOSTON. A Lynn woman allegedly used a stolen welfare benefits card to buy more than \$60 worth of soda and put the full cans in the store's redemption machine to claim the cash.

Tina Cafarelli, 36, pleaded not guilty to larceny and property destruction charges, according to the Lynn Daily Item. Cafarelli damaged the machine by placing the still-full cans in it, according to reports.

● METRO

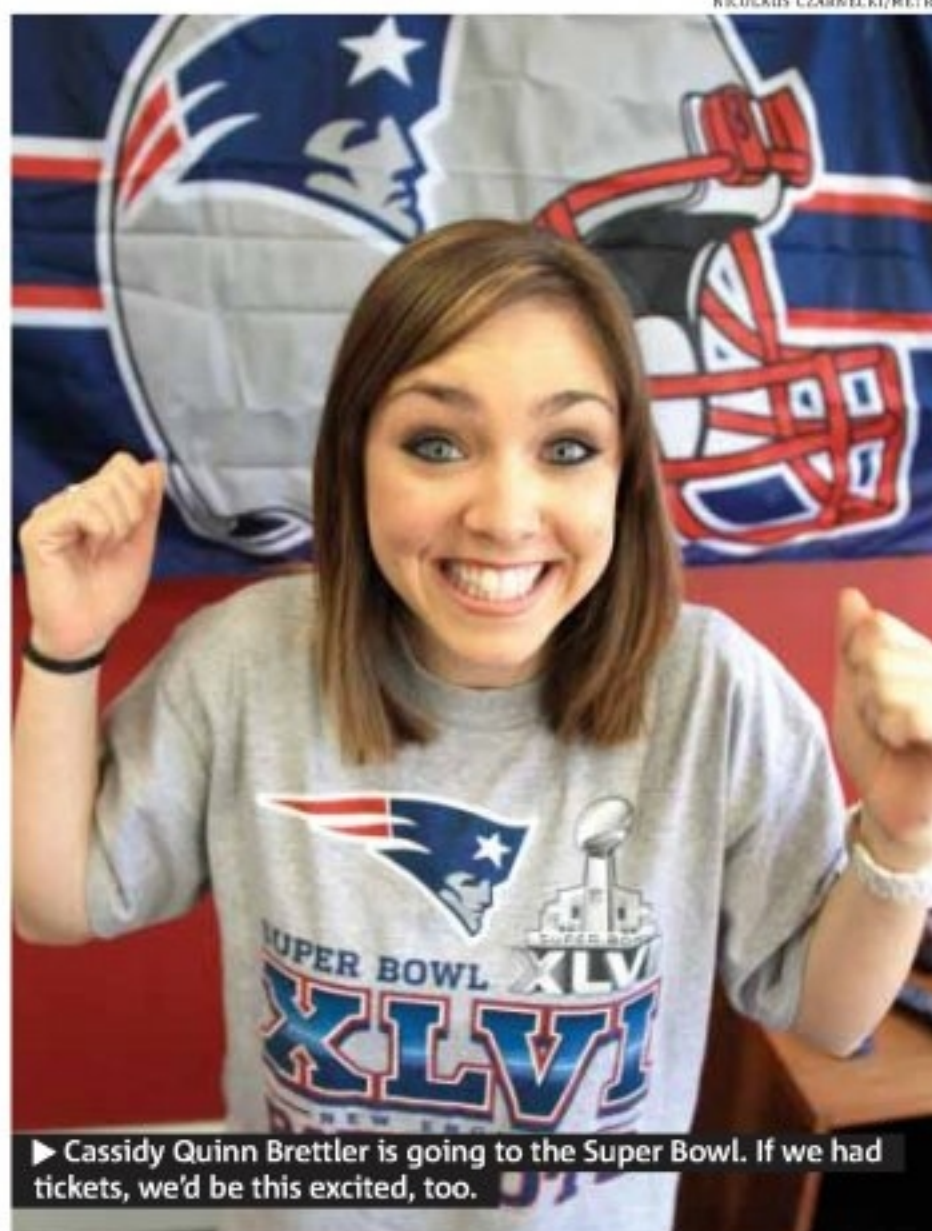
Accused teacher resigns Utah job

BOSTON. Grant Smith, a professor from Utah charged with looking at child pornography while on a plane to Boston last month resigned, according to Salt Lake City's



Bellingham Herald.

● METRO



► Cassidy Quinn Brettler is going to the Super Bowl. If we had tickets, we'd be this excited, too.

Right on schedule

Brettler will be running around Indianapolis prior to the big game:

► Tuesday: Brettler will attend a Super Bowl Media Day with Bucs DT Gerald McCoy, and soon-to-be-announced Ochocinco replacement to in-

terview players.

► Wednesday: Brettler will visit the social media command center and shoot pretaped segments around the city.

► Thursday and Friday: Brettler will hit the red carpet at the EA Sports party.

► Sunday: It's game time. Brettler will enjoy her all-expense paid trip to the Super Bowl with a friend.

Blogger: 'I'm going to the Super Bowl!'

► Emerson grad wins trip to report on the big game ► Motorola contest puts blogger behind the scenes

Cassidy Quinn Brettler is no stranger to being on camera, so she isn't nervous about reporting from behind the scenes at the Super Bowl.

The energetic Boston video blogger and Emerson grad beat out hundreds of contestants in a national competition for a chance to spend a week in Indianapolis covering everything football.

"I'm really pumped!" she said. "I can't wait."

Besides getting a goodie bag full of new gadgets, the Motorola-sponsored contest will put the self-proclaimed social media diva on screen, reporting for OCNN — the Ochocinco News Network.

Since Brettler has already interviewed the Patriots wide receiver — after he had dinner with an Emerson social media class in December — she

wasn't too disappointed he wouldn't be with her to cover the game. She's just ecstatic he'll be a part of it.

"It totally adds more excitement since the Patriots are playing," she said.

Brettler will be tasked with rubbing elbows with celebs on the red carpet pre-Super Bowl while also making frequent posts and conducting interviews for Motorola's social media campaign.

Brettler said she watched eight hours of straight football last week to get prepared for reporting. "I needed to brush up on my stuff," said Brettler.

"It's not going to be your average reporting, though," she said. "It seems like it'll be more fun."



STEVE ANNEAR
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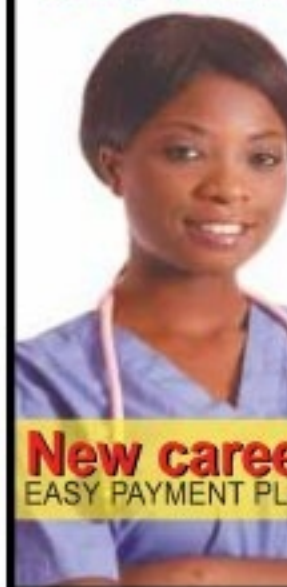
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Woman talks of attack during run in Newton

NICOLAUS CZABNECKI/METRO



► Women are urged to be careful while jogging along Commonwealth Avenue in Newton where a woman was assaulted early yesterday morning.

As she ran near City Hall in Newton, a route she's run before, the 31-year-old Brighton woman held her keys in her hand and jingled them to make sure anyone around her knew she had a pointy object at the ready.

Despite her effort, the woman was still attacked about 5:15 a.m. yesterday on her morning run along Commonwealth Avenue.

"He lunged at me and I slipped and fell on my back. He crawled over me and said 'shush,'" said the woman who did not want to be identified. Her hands shook and she sobbed as she recounted her story. "I screamed. I was afraid he was physically going to make me shut up and then I would have nothing."

He fled after the woman

"I consider myself a strong female. I would never have put this in the category — that someone could attack me."

THE 31-YEAR-OLD BRIGHTON WOMAN WHO WAS ATTACKED WHILE RUNNING YESTERDAY

screamed and police said yesterday they were hunting for the attacker.

She was unhurt and didn't have physical contact with the man.

Being a field hockey player and a boxer, the woman said she didn't think she could be attacked.

The attack came on a day

when temperatures reached 56 degrees and runners flocked outside on the unseasonably warm January day.

The woman said she wanted to speak out to warn other female runners in the area of her route, which is close to the Boston College campus.

"I think it's important that people know to be careful. It's important people know the rules ... there's a whole bunch of 18-year-old girls out there running, too," she said.

Lt. Bruce Apotheker, a police spokesman, said Newton is a safe city. He warned runners to be observant and to keep the volume of their headphones low so they can hear anything approaching.

MICHAEL NAUGHTON
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Judge throws out suit to block IRA tapes

An attempt by two people working on a Boston College oral history project about the Provisional Irish Republican Army to block the release of their interviews to British authorities was denied by a federal judge yesterday.

The suit brought by former IRA member Anthony McIntyre and Irish journalist Ed Moloney was denied

because the judge said the men could not act as parties against the subpoena for the tapes brought by federal prosecutors in Boston on behalf of British authorities.

Last month, the judge ordered BC to turn over the recordings, which contained information from one IRA member and her involvement in the murder of a Belfast mother in 1972.

British authorities are seeking the tapes to help in their investigation, according to Boston.com.

METRO/BOSTON.COM

T police sorry for tweet

A tweet sent out by MBTA Transit police before the New England Patriots' AFC championship win was an accident, according to police officials.

The user behind the Transit Police Twitter page posted a message that said "I was going to bring 12 pack u need beer."

Chief Paul MacMillan said it was a simple mistake by an off-duty officer meeting someone to watch the game, according to WBZ.

He said the officer thought he was sending a text message. ● **METRO**

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News in brief



IMF cuts growth forecast, warns of global recession

WASHINGTON. The IMF chopped its estimate for 2012 global growth to 3.3 percent from 4 percent just three months ago and warned it could drop as low as 1.3 percent if Europe lets the crisis fester for much longer. For 2013, it predicted growth of 3.9 percent.

"The epicenter of the danger is Europe, but the rest of the world is increasingly affected," IMF chief economist Olivier Blanchard said at a news conference. "There is an even greater danger, namely that the European crisis intensifies, and in this case the world could be plunged into another recession."

REUTERS

Apple revenue surges past targets

SAN FRANCISCO. Apple Inc.'s quarterly results blew past Wall Street's expectations after U.S. consumers snapped up near-unprecedented numbers of iPhones and iPads, sending its shares up 8 percent into record territory.

The world's most valuable technology corporation returned to form after a rare miss in the previous quarter, assuaging investors' worries that its sheer size meant it was headed into a period of slower growth.

It sold 37.04 million iPhones — its flagship product — and 15.43 million iPad tablets, doubling from a year earlier and easily outpacing already heightened expectations for a strong holiday season. That helped swell its cash hoard to almost \$100 billion — more than enough to plug December's U.S. budget deficit. **REUTERS**

"Going into 2012, I expect strength of iPhone, iPod Touch and iPad should carry on into the year."

HENDI SUSANTO AT
GABELLI & CO.

Obama bids for second term in his SOTU speech

President Barack Obama pitched new initiatives on jobs, taxes and housing in an election-year State of the Union address, making a sweeping case for a second term despite the slow U.S. economic recovery and high jobless rate.

Framed in what was labeled a starkly populist speech, most of Obama's proposals will face stiff Republican resistance, limiting the chance of headway in a divided Congress before the Nov. 6 general election.

But the White House hopes Obama can gain enough traction with voters to help restore faith in his economic leadership as the Democratic president defends himself against escalating at-



President Obama

tacks by Republican candidates vying to face him.

Obama pushed tax breaks for bringing manufacturing

jobs home from overseas, ideas to help the troubled home-mortgage market and incentives for alternative energy development.

He also called again for higher taxes on the wealthy — despite consistent Republican opposition — and for further pressure on China over its currency and trade practices.

While these initiatives do not offer a quick fix for high unemployment that threatens Obama's re-election prospects, his speech will be a chance to turn up the heat on an unpopular Congress and take control of the campaign narrative.

Obama's speech was planned to contrast with the release of Mitt Romney's tax records. **REUTERS**

Romney paid tax at 14%

Mitt Romney bowed to pressure and gave a glimpse inside his personal fortune, releasing tax returns showing he pays a lower effective tax rate than many top earners.

Romney earns most of his income from investment profits, dividends and interest. The returns for 2010 and estimates for 2011 showed that he will pay a total of \$6.2 million in taxes on income of \$42.5 million.

REUTERS

Last of Kennedy tapes released

The final 45 hours of White House recordings secretly taped during John F. Kennedy's time in office were released yesterday, offering researchers unique perspective into the last three

months of his administration.

The recordings are part of a collection of more than 248 hours of taped meetings and 12 hours of phone conversations that have been reviewed and released by the John F. Kennedy Presidential Library and Museum since 1993.

The conversations were recorded deliberately by the

president, often captured in the Oval Office or Cabinet Room, but were kept secret from even Kennedy's top aides, the library said in a statement.

The latest batch to be released by the library span meetings during the last three months of Kennedy's presidency. **REUTERS**



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Aside from hitting the Ronald Reagan trifecta — Romney, Gingrich and Santorum name-dropped the right-wing icon all in their first at-bat to speak — what did the candidates focus on at Monday night's debate? Well, they lied — not just through their teeth, but via their lips and tongues as well.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

PHOTOS: PAUL J. RICHARDS/AFP/GETTY IMAGES



"We're headed to a Greece-type collapse, and [Obama] adds another trillion on top for Obamacare and for his stimulus plan that didn't create private-sector jobs." ROMNEY

This one quote from Romney, as NYMag points out, "fits three lies into a single sentence," which is impressive for any politician and surely deserves accolades from both sides of the aisle for its contribution to the art of politicking.

"The Iranians are ... actively taunting us ... so [Obama] cancels a military exercise with the Israelis so as not to be provocative?" GINGRICH

The former Speaker incorrectly sums up the president's relationship with Iran. Aside from the fact that, according to reports, it was actually Israel who delayed this exercise, Gingrich downplays the president's toughest-ever sanctions against Iran.



Tweet roundup

"Newt didn't mention his fantasy of having space sex. Probably for the best!" @timothytmurphy
"Gingrich trying to defend wanting English as national language while advertising in Spanish..." @CharlesMBlow
"Markets have to have regulation to work." @MittRomney now making a case for regulating derivatives, mortgages." @AndrewKroll
"Newt is right. Obama sent the Iranians the wrong message by launching the military action that brought down Qaddafi. Oh, wait..." @DavidCornDC
"Note there was big applause to Paul's dovish comments about Cuba. Times have changed." @ClaraJeffery



"The biggest issue that ... we have to deal with ... that's crushing the economy, will crush it even further and crush freedom ... that's Obamacare." SANTORUM

We know that vocal conservatives oppose the Affordable Care Act — and will do and say anything to kill it — but the idea that mandated insurance is bad for the economy is just wrong. A mandate, in this case, benefits insurance companies.

"He keeps hinting about attacking the Fed, and he talks about gold." PAUL

It was difficult to find untruthful remarks from Rep. Ron Paul, who spent much of the debate railing against U.S. military adventurism and our banking system. On that latter point, Paul seems overly optimistic on returning the dollar to the gold standard, about which he lauds Gingrich in the above quote. Economists surveyed by the University of Chicago, however, unanimously oppose the move.



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DECEMBER	
12/9-11	Sugarloaf
12/10	Killington
12/17	Sunday River
12/30-1/2	Quebec City
12/31	Mount Snow

JANUARY	
1/1	Sunday River
1/7	Stowe
1/8	Stratton
1/13-16	Sugarloaf
1/14	Sunday River
1/15	Killington
1/20-22	Jay Peak
1/21	Jay Peak
1/22	Sunday River
1/22	Mount Snow
1/25	Mount Snow
1/27-29	Sunday River
1/28	Stowe
1/29	Killington

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THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

Emily Maynard is the chosen 'Bachelorette'

Here's the thing about "The Bachelor" and "The Bachelorette": If you want to put yourself in a ridiculous situation by vying for the "love" of some stranger while a group of other similarly dressed people do the same on national TV, that's fine. You are a (semi-) rational adult and that's your weird bag. However, it's when kids are involved that I get the heebie-jeebies.

It was announced yesterday that Emily Maynard, the 25-year-old single mom who was

the chosen one on "The Bachelor" with Brad Womack, but then broke up with him shortly thereafter, will now be the star of the eighth season of "The Bachelorette." Although there is no word on what kind of role Maynard's 6-year-old daughter will play in the series, the ABC press releases are quick to point out that Maynard is the first single mom to star in the series. Maynard's little girl also appeared on "The Bachelor."

Look. It's great that single moms can be on "The Bachelorette." In fact, the series

needs to broaden their casting net — more single moms! More single dads! How about single granddads?! Heck, what about a contestant who isn't white? But isn't it confusing enough for little children when their parents date multiple people/make out half-dressed in hot tubs without being on network TV? Here's hoping ABC won't showboat the little girl for ratings, like they did with single dad Jason Mesnick's 4-year-old son Ty on "The Bachelor."

Let's leave that poor parenting to "Teen Mom," shall we?



► Emily Maynard will try to find love on national television — for a second time — as the new "Bachelorette."

The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

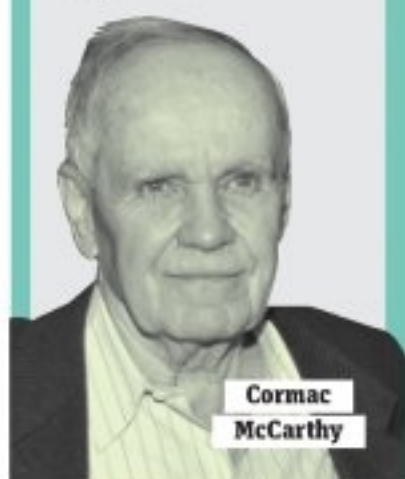
Cormac McCarthy is elevating the discourse on Twitter, Paris Hilton wants to share, Albert Brooks is making light of his Oscar snub and Sarah Silverman is making sense of the world.

@CormacMcCarthy Sitting on a balcony watching far hills. White spire peaks. I feel blessed. Despite the stabbers the day has been kind.

@ParisHilton Had fun at Sundance, just got back to LA. I will be posting some iPhone pics from my trip soon. Stay tuned...

@AlbertBrooks I got ROBBED. I don't mean the Oscars, I mean literally. My pants and shoes have been stolen.

@SarahKSilverman Behind every great big bully there's a great big bully



Cormac McCarthy

Talking points

Seal speaks out about divorce

News of **Heidi Klum** and **Seal**'s separation has come as a surprise to Hollywood — and to Seal himself. But the British singer is putting on a brave face, insisting their split won't get ugly. "We're just not those kind of people — we never really have been," he says in an interview with PBS talk show host **Tavis Smiley**. "We've never been attracted to that. Of course it's a difficult situation that we have to handle right now and it's never easy. In terms of our love and respect for each other, that hasn't changed at all."

Will Aniston be a stay-at-home mom?

Jennifer Aniston doesn't have any new acting gigs lined up,



► Aniston

and sources say that's just how she likes it, according to the Daily Mail. "She wants to focus on herself and hopefully becoming a mother," a source says. "She is thinking of launching her own fashion line which would allow her to spend more time at home." The source adds that Aniston has not scheduled any movies in the "foreseeable future," telling her agents "she needs a break." Rumors circulated last week that Aniston is six months pregnant, and reps for the actress have neither confirmed nor denied the reports.



► Franklin

Franklin calls off wedding

Aretha Franklin has called off her planned summer wedding to **Willie Wilkerson**, according to **Hollyscoop**. "Will and I have decided we were moving a little too fast, and there were a number of things that had not been thought through thoroughly," Franklin says in a statement. "There will be no wedding at this time. We will not comment on it any further because of the very personal and sensitive nature of it. We appreciate all of the many well wishes from friends."



► Aubry

More Berry and Aubry drama

Gabriel Aubry, **Halle Berry**'s ex-boyfriend and the father of her daughter, is reportedly being investigated for criminal child endangerment and battery, according to **TMZ**. Law enforcement sources say Aubry allegedly shoved his nanny into a door while she was holding his and Berry's 3-year-old daughter, **Nahla**. The investigation was launched after the nanny filed a police report, and Child Protective Services is reportedly mounting an investigation.

Jolie gets (even more) frosty

Awards season is apparently getting awkward, as **Angelina Jolie** hasn't warmed to **George Clooney**'s new girlfriend, **Stacy Keibler**, according to **Us Weekly**. Jolie and **Brad Pitt** reportedly shared a private jet with Clooney and Keibler to the Palm Springs Film Festival, and sources say the plane couldn't get there fast enough. "Angelina refused to acknowledge that Stacy was even on the plane," a source says. "Angelina went out of her way to ignore her, from takeoff to landing. She would not even look Stacy's way. She was not having it."



Academy Award nominees announced



The Oscars

Yesterday the nominations for the Academy Awards were announced. Below is a list of the lucky nominees. The Oscars will air on Feb. 26.

Best Supporting Actress:

- ▶ Berenice Bejo, "The Artist"
- ▶ Jessica Chastain, "The Help"
- ▶ Melissa McCarthy, "Bridesmaids"
- ▶ Janet McTeer, "Albert Nobbs"

- ▶ Octavia Spencer, "The Help"

Best Supporting Actor:

- ▶ Kenneth Branagh, "My Week with Marilyn"
- ▶ Jonah Hill, "Moneyball"
- ▶ Nick Nolte, "Warrior"
- ▶ Christopher Plummer, "Beginners"

- ▶ Max von Sydow, "Extremely Loud & Incredibly Close"

Best Actress:

- ▶ Glenn Close, "Albert Nobbs"

- ▶ Viola Davis, "The Help"
- ▶ Rooney Mara, "The Girl With the Dragon Tattoo"
- ▶ Meryl Streep, "The Iron Lady"
- ▶ Michelle Williams, "My Week with Marilyn"

Best Actor:

- ▶ Demian Bichir, "A Better Life"
- ▶ George Clooney, "The Descendants"
- ▶ Jean Dujardin, "The Artist"
- ▶ Gary Oldman, "Tinker, Tailor, Soldier, Spy"

- ▶ Brad Pitt, "Moneyball"

Director:

- ▶ Michel Hazanavicius, "The Artist"
- ▶ Alexander Payne, "The Descendants"
- ▶ Martin Scorsese, "Hugo"
- ▶ Woody Allen, "Midnight in Paris"
- ▶ Terrence Malick, "The Tree of Life"

Best Picture:

- ▶ "The Artist," Thomas Langmann, producer
- ▶ "The Descendants," Jim Burke, Alexander Payne and Jim Taylor, producers
- ▶ "Extremely Loud & Incredibly Close," Scott Rudin, producer
- ▶ "The Help," Brunson Green, Chris Columbus and Michael Barnathan, producers
- ▶ "Hugo," Graham King and

Martin Scorsese, producers

- ▶ "Midnight in Paris," Letty Aronson and Stephen Tenenbaum, producers
- ▶ "Moneyball," Michael De Luca, Rachael Horovitz and Brad Pitt, producers
- ▶ "The Tree of Life," Nominees to be determined
- ▶ "War Horse," Steven Spielberg and Kathleen Kennedy, producers

— For more nominees, visit www.metro.us.

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Trend 1:

Military uprising

It's a men's fashion paradigm that's been re-worked on countless occasions, and this season was no different. Versace went for camouflage but not the type designed to make

you blend in with your surroundings — unless of course you're on an acid trip in a rainbow world. Conversely, Jil Sander's designer Raf Simons found himself in a dark place with a collection worthy of the Gestapo, with long leather trench coats and black suits — a comment on oppression, perhaps.

Trends from the men's autumn/winter shows



Jil Sander



Alexander McQueen

Trend 2:

Period dress

Prada went down the literary trope of appearance and reality in a show entitled "Il Palazzo. A Palace of Role Play" with actors Gary Oldman, Adrien Brody and Jamie Bell all taking to the runway in high double-breasted suits and white collars reminiscent of Fin-de-Siècle chic — they should have topped it off with a cape from Dolce & Gabbana. Alexander McQueen went down a similarly archaic route with pinstripe suits, breeches and Prince of Wales checks.



Burberry Prorsum

Trend 3:

Tailoring

Milan's renowned for its suiting and — surprise, surprise — this season was no exception. While most designers were looking to the past, Paul Smith looked seaside. Dark, skinny pieces were dotted with neon, nautical motifs. But while Smith toyed with pops of color, Her-

mes returned to sobriety with slim, muted tailoring. Meanwhile, the tailoring at Burberry Prorsum arrived slim-cut (noticing a trend?) in shades of gray and later corduroy with military-meets-country flight jackets.

RICHARD PECKETT

METRO WORLD NEWS IN LONDON

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Children's Hospital Boston

Opinion

PAT MOSCARITOLO

PRESIDENT AND CEO, GREATER BOSTON CONVENTION & VISITORS BUREAU



LEAP INTO FEBRUARY

Despite little snow on the ground, the calendar is waiting to be turned. Not only is it already February, but 2012 is a leap year, giving us an extra day to enjoy our great city! And for those of you who are forever young — with a birthday on Feb. 29 — the **Fairmont Copley Plaza** offers special rates just for Leapsters!

What we now refer to as **Black History Month** originated in 1926 as a weeklong celebration of achievements by African-Americans. Find time during February to take the **Freedom Trail's African American Patriots Tour**, walk the **Black Heritage Trail**, visit the **Museum of African American History** or enjoy the **Soweto Gospel Choir** on Feb. 12.

Why not think out of the box (of chocolates) this Valentine's Day? There are romantic dinner cruises, special pre-fixe dinners, offering glass of champagne or other treats. Many hotels have specially designed overnight stays with rose petal turn down service and other romantic amenities.

You can jump start V-Day with the **Chili Cook-Off in Harvard Square** on Feb. 4 or indulge on a **Chocolate Trolley Tour** Saturdays at 11 a.m. and 12:30 p.m.

Speaking of love, you might want to take in the **Aphrodite exhibit** at the **Museum of Fine Arts** through Feb. 6. Free hour-long gallery tours are offered Tuesdays through Fridays at 12:30 p.m. and 2:30 p.m. with museum admission.

There's plenty of theater for an evening's entertainment. The macabre musical comedy **The Addams Family** resides at the **Shubert Theatre** for 16 performances from Feb. 7-19. Pure comedy can be found at the **Huntington's** production of **"God of Carnage"** through Feb. 5. On a more somber note, **"Wild Swans"** at Cambridge's **A.R.T.** tells an inspiring tale of love and courage.

February also brings **school vacation week** activities and events — making a trip to Disney World moot. Your family can swim with the **Dolphins**, opening Feb. 13 at the **Museum of Science** and then greet the **Geckos** — all 60 of them! Dreams can come true at **Disney on Ice's "Dare to Dream"** at **TD Garden** from Feb. 17-26. A different kind of ice dancing can be enjoyed at the 60th **Bean Pot Tournament** on Feb. 6 and Feb. 13.

The popular **PJ Party** returns to the **Hotel Commonwealth** on Feb. 24 and Feb. 25. Special **Winter Harbor Cruises** (Feb. 18 and Feb. 22) provide a different perspective of the Harbor Islands and their residents. And it's time for Marco Polo at our many hotels with indoor swimming pools.

Remember to go online at **BostonUSA.com** and download the **Family-Friendly PASS** for discounts all over town.

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Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

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Cross your fingers and toes, but we may be on a downhill slide into Spring already! Here are a few suggestions to help you pass the remaining winter days.

2/4: "Some Like It Hot" Chili Cook-Off (Harvard Square)

Starting 2/4: "There Will Be Flood" (Hasty Pudding Theatricals)

2/18-19: Winter Campfire Music Festival (Club Passim)

2/25: Annual Longfellow Birthday Celebration (Mount Auburn Cemetery)

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TREAT YOURSELF

► Theaters, spas and wine festivals are great sources of therapy to cure those pesky wintertime blues

GET A ROOM

Possibly the sexiest show in town, indie troupe **Company One** presents Tennessee Williams' exotic thriller "Green Eyes" in a suite at **The Ames Hotel**. Still your beating heart with a Green Eyes cocktail, made with local Bully Boy white rum, in Woodward downstairs. (One Court St., Boston, 617-979-8100, \$35, 617-

292-7110, www.brownpaper tickets.com)

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► Erin Markey stars in Company One's newest production, "Green Eyes," an exotic thriller written by Tennessee Williams.

Harvard Square's Chocolate Festival includes a chocolate treasure hunt and **Death by Chocolate Murder Mystery Dinner Theater**. (Jan. 27-29, www.harvardsquare.com)

WINE & DINE

Mohegan Sun WineFest goes beyond the vine with oyster-shucking, chef demos and bourbon- and beer-tasting. Stay over in Mohegan's swanky boutique hotel. (Jan. 27-29, \$70-\$200, One Mohegan Sun Blvd., Uncasville, Conn., 800-745-3000, www.sunwinefest.com) Book now for **The Fireplace's** sumptuous **Stag's Leap** wine dinner, featuring four incomparable Napa wines paired

with chef and owner Jim Soloman's sustainable New England cuisine. (Feb. 28., \$180, 1634 Beacon St., Brookline, 617-975-1900, www.fireplacereast.com) Drop in on the **Harbor Hotel's Boston Wine Festival**, where cabernets, Chianti and chardonnays soften winter's hard walk. The Castello di Ama seminar and dinner featuring vineyard owner Lorenza Sebasti Pallanti's classic Tuscan wines starts February on a cheery note. (Feb. 1, Seminar and dinner: 6:30 p.m., \$175; dinner only: 7:30 p.m., \$145; [www/bostonwinefestival.net](http://www.bostonwinefestival.net))

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We're more than halfway through January, and the party's over. The holiday binge expired, the hangover wore off and we're left without excuses for gluttonous behavior. Consequently, we turn to the resolution bandwagon. January is traditionally considered to be the perfect time to create change. Unfortunately, real change rarely lasts.

Making change stick requires more than eight-minute abs, Nicorette gum or the South Beach Diet. True change doesn't allow for shortcuts. It calls for willingness, commitment and repetition. The key element to making change stick is a 30-day practice of repeating new behavior. It's this month-long repetition that will allow you to truly make your desired change stick. Indeed, neurobiological studies show that 30 days of repeating new behavior reprograms your brain by reversing neural pathways. It's this reversal that changes your patterns and behaviors, and therefore your life.

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Zen in the city



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"True change doesn't allow for shortcuts. It calls for willingness, commitment and repetition."

BERNSTEIN

permanent change, keep it simple and commit to repeating your new behavior for the next 30 days. If you've already broken your resolution, don't beat yourself up. You can begin again today! Each day offers new opportunities to learn and grow. Begin your 30-day practice now and make your resolutions stick!

— Gabrielle Bernstein is the author of "Spirit Junkie."

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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WEDNESDAY, JANUARY 25, 2012

myrejuvenation



► At Jerry Remy's, the game comes for free!

Having fun on the cheap

► You can save your pennies by spending your time on activities like these ones ► If you made a resolution to keep some cash in your wallet, you can still keep it

The credit card bills might well be piling in after the holiday spending, but that doesn't mean hibernating with a bowl of gruel. We found top fun spots for bottom dollar — you won't even need a coupon.

Dancing

Newton's Balera School of Ballroom Dance opens its competition-sized dance floor for free lessons every Friday night. Proprietor John Nigro helps people get their moves on via the foxtrot, salsa, merengue, and tango (105 Rumford Ave., Newton, 617-969-2280, www.baleraballroom.com). If all you want to do is tap your toe, head to Porter Square hole-in-the-wall **Toad** for high-caliber live music every night with no cover. (1912 Mass Ave., Cambridge, 617-497-4950, www.toadcambridge.com)

Dining

Lunch like a lord, pay like pauper: Stylish **Bambara's** power lunch includes an appetizer, entree — there's lots to choose

from, including wild salmon and crab burgers and spicy buttermilk fried chicken wraps — and a baked item to go. Perfect for mid-afternoon snacking. (25 Edwin H. Land Blvd., Cambridge, 617-868-4444, www.bambara-cambridge.com)

For a free **Anna's Taqueria** burrito, go to Anna's Twitter page (@AnnasBoston) and answer a simple Trivia Tuesday question, or tweet a photo of yourself visiting an Anna's on Foto Friday, or follow the eatery — Anna's gives a burrito to one new follower each month. (www.annastaqueria.com)

Nearby, **Jerry Remy's Sports Bar**'s daily specials include Tuesday's cheap date night: Two entrees and an appetizer cost \$20, and two desserts are the price of one. Of course, the game comes free. (265 Boylston St., Boston, 617-236-7369, www.jerryremys.com)

Five days remain in Dorchester-Milton Restaurant Week. Visit www.bostonrestaurants.blogspot.com for details.

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WEDNESDAY, JANUARY 25, 2012

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mywellbeing

Steps to optimize your health

If you're looking for manageable, effective ways to optimize your health, here are four smart goals to put at the top of your priority list:

Start the day with a protein-rich breakfast: Research shows that starting your day with a high-protein breakfast can curb your appetite at later meals. It also helps you stay alert throughout the morning and keeps blood sugars even. To reap these benefits, incorporate a protein-rich food — think nonfat yogurt, eggs, reduced-fat cheese, turkey sausage or nuts/nut butter — at breakfast every day.

Walk for 30 minutes every day: Daily exercise helps you burn calories and shed pounds faster. It also keeps you in the right mind-set to stick with a healthy lifestyle and enhances your overall health. Walking is a total feel-good, and my preferred form of aerobic exercise because it's low-impact (easy on your joints), doesn't require

Joy's healthy bite



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any special equipment (just a comfortable pair of sneakers) and can be done almost anywhere. If you can't commit to 30 straight minutes of walking, break it up into three ten-minute spurts and space them throughout the day. Or, swap out the walking for 30 minutes of any cardio activity, such as biking, or completing a half-hour fitness DVD.

Incorporate some type of produce item with every meal: Produce is high in volume and low in calories, so it fills you up without filling you out. Plus, vegetables and fruit shower your body with vitamins, minerals, antioxidants and fiber — ingredients that promote

health and fight off disease.

Learn to make three simple, healthy and delicious dinner meals in fewer than 20 minutes: These will be your go-to recipes for days when you're short on time, so you won't lose all resolve and grab unhealthy fast food or pizza. Some quick and easy ideas include: teriyaki grilled chicken with broccoli, frozen shrimp and vegetable stir-fry, grilled or broiled fish with sautéed spinach and an egg white omelet or frittata with vegetables and reduced-fat cheese. Then, make sure you have the ingredients for at least two of these meals on hand at all times. For hundreds of simple recipe ideas, visit www.joybauer.com.

— For more tips on healthy eating, follow Joy Bauer on Facebook and Twitter (@joybauer) and visit www.joybauer.com.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.



▶ Even beginner cooks can stir-fry some veggies.

Charity

Easy way to do good

Stop by **The Julep Bar** (200 High St., 617-261-4200) tonight from 6-10 for a fundraiser to benefit Project Humanity and Saka water, which are working together to build a well in Uganda that will supply one village with safe drinking water.

● METRO/ME

Reader love notes

Enter for a chance to win a trip to Madrid! Post your love note online at www.metroclassifiedsus.adperfect.com. We'll run it in print and online on Feb. 14.

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1

Research empowers **RING** women in the fight against HIV.

Fenway Health Ansin Building
1340 Boylston Street, Boston, MA 02215

Fenway Health is studying the possibility of preventing HIV using a medicated vaginal ring. We need HIV-negative women 18-40 to help.

Stand up for LOVE

FACT: 63% of all HIV/AIDS cases in the US are in gay and bisexual men and infection rates are rising among men who have sex with men.

Fenway Health is seeking HIV-negative men who have sex with men to participate in a vaccine trial to determine the safety and effectiveness of an investigational HIV vaccine.

We are seeking volunteers: HIV-negative men, ages 18-50, who have been a top or bottom in the past 6 months. Volunteers receive compensation for their time and travel expenses, as well as confidential HIV counseling and testing.

You cannot get HIV from this investigational HIV vaccine.



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Depression is gone, but how is your sex drive?



Boston Clinical Trials is currently seeking participants for a Clinical Research Study evaluating the effects of an investigational medication on sexual functioning in adults with well treated depression.

- Are you currently taking Zoloft, Paxil, or Celexa for depression?
- Are you 18 - 55 years old?

Have you been suffering from ...

- Lack of interest in sex?
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- Trouble getting aroused or reduced vaginal lubrication?

If so, you may qualify to participate in this clinical research study with an investigational medication. All study related visits provided at no cost.
CALL NOW (617) 202-6322 to see if you qualify!



www.bostontrials.com

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mymetro

WEDNESDAY, JANUARY 25, 2012

mywellbeing

What should Paula Deen do next?

Carb-loving celebrity cook Paula Deen's type 2 diabetes diagnosis means lifestyle changes are in order. We asked some experts what Deen, or anyone diagnosed with diabetes, should do next.

Skip sugary drinks: "Regular soda, fruit punch and even fresh-squeezed juices and smoothies can send blood-sugar levels too high. Choosing water or diet beverages will bring your weight and blood sugar levels closer to your target."

Focus on fiber: "Foods with three grams of fiber or more per serving help keep your blood sugar even and your stomach full. Think whole grains, beans and veggies."

— *Friedman Diabetes Institute's diabetes educator Megan Fendt*

Join a gym: "Start a moderate exercise program to lower glucose levels, regulate blood sug-



The eyes have it

Get regular eye exams: "Annual eye exams are a critical component of the overall health care for a person with diabetes. Eye doctors monitor for diabetes-related conditions such as diabetic retinopathy, one of the leading causes of blindness in the U.S."

— *VSP Vision Care optometrist Dr. Roger Phelps*

ar and reduce the risk of arteriosclerosis [hardening of the arteries]. Strength training gives more lean muscle mass and better metabolic efficiency, which diabetics benefit from."

— *New York Sports Club master trainer Monica Vazquez*

Lose weight: "Weight loss is usually critical, even for people who are genetically predisposed to diabetes. In mild cases of diabetes, weight loss can completely eliminate diabetes; and in more severe cases, it can make diabetes more mild."

Stop smoking: "Smoking increases the risk of heart attack and stroke, just as diabetes does. When these risks overlap, they multiply."

— *Brigham and Women's diabetes and hypertension specialist Dr. Alexander Turchin*

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nmetayer@suffolk.edu or 617-283-2080

Free Mini-Med School Classes at Harvard Medical School Begin March 6

Health information seems to come from every corner—talk shows, the Internet and even T-stops. To help cut through the confusion, the Longwood Seminars at Harvard Medical School offer the general public insight on complex health and scientific issues from Harvard medical faculty—at no cost and without a referral.

No scientific background is needed to enroll in mini-med school seminars. All you need to do is register at hms.harvard.edu/longwood_seminars or call 617-432-3038. Those who attend three or more classes are eligible for a certificate of completion. Teachers who attend all four classes can earn 10 professional development points (PDPs).

At each mini-med school

seminar, Harvard Medical School faculty present an overview of the seminar topic, and then explain both the scientific and clinical implications of the issue, as well as the latest groundbreaking research. During the Q&A, you will have an opportunity to question the experts.

The 2012 series features:

March 6 **Patience and Patients: Understanding the spectrum of Alzheimer's disease**

As human life expectancy increases, so does the possibility that a family member or friend will be diagnosed with Alzheimer's disease. Fortunately, researchers are continually learning more about what causes this debilitating condition and discovering new ways to help pa-

tients cope with symptoms. At this seminar, you will hear from faculty members who will share insight about the disease and tips for caring for a loved one.

March 20 **Singing in the Shower to Shaking in Your Boots: The science of emotion**

As the childhood song goes, "If you're happy and you know it, then your face will surely show it," but do you ever truly wonder why you're happy? Have you thought about where our emotions come from and why they make us feel the way we do? A panel of Harvard faculty members whose research sheds light on the range of human emotion will explore the science behind the smiles and tears.

April 3 **Panning for Therapeutic Gold: Cancer genetics**

The end of 2011 marked the 40-year anniversary of President Nixon declaring the War on Cancer. Though a cure has not yet been discovered, the understanding of genetics is revolutionizing cancer research and improving the ways in which we can battle one of medicine's most challenging diseases. At this seminar, Harvard researchers will discuss how far we have come and where the field is heading in revealing the causes of cancer and our potential to develop transformative therapies.

April 24 **Haute Culture: Tailoring stem cells to make us well**

Harnessing the body's ability to repair itself, regenerative biology is advancing medicine each

day. Our bodies contain stem cells that have the remarkable ability to transform into many different kinds of cells and act as tiny "handymen" to repair damaged tissues. Faculty members will share their expertise and explain how this field of study may dramatically shape the future of medicine.

All mini-med school classes

are held from 6 pm to 7:30 pm at the Joseph B. Martin Conference Center, Harvard Medical School, 77 Avenue Louis Pasteur, Boston. The Conference Center is a short walk from the Longwood stops on both the Green D and E lines and the #39 bus. Parking is available at public garages in the Longwood Medical area.

Questions? Contact the Harvard Medical School Office of Communications and External Relations

at (617) 432-3038 or send an e-mail to longwood_seminars@hms.harvard.edu.

You can also log on to our Facebook page to get more information:

<http://www.facebook.com/HMSminimedschool>.

What's up, doc?

FREE mini-med school classes for the general public

March 6, 6:00–7:30 pm

Patience and Patients

March 20, 6:00–7:30 pm

Singing in the Shower to Shaking in Your Boots

April 3, 6:00–7:30 pm

Panning for Therapeutic Gold

April 24, 6:00–7:30 pm

Haute Culture



Presented by faculty from Harvard Medical School and its affiliated hospitals.

Attend three or more classes to earn a Certificate of Completion.

Public school teachers are eligible for 10 PDPs for attending all four classes.

The Joseph B. Martin Conference Center is located in the Longwood Medical Area at 77 Avenue Louis Pasteur, Boston.

Harvard Medical School is a short walk from the Longwood stops on the **Green D and E lines** and **#39 bus**. Parking is available at public garages.

www.hms.harvard.edu/longwood_seminars 617.432.3038



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For a limited time get a free LASIK evaluation (a \$250 Value) and get \$0 down & 0% financing for a up to 2 years! New England Eye Center is excited to introduce you to the ultimate in laser vision correction, its called iLASIK™ and it's the culmination of everything we've learned about LASIK over the past decade. Now that the

iLASIK procedure is available, there's really no reason to put off having laser vision correction surgery.

The introduction of the iLASIK procedure means your wait for improved vision is over, because:

1. Most people are candidates – Get a free evaluation today

2. iLASIK technology is advanced and innovative — so it's safe and proven

3. The iLASIK procedure is not complicated — it's fast and virtually painless

The iLASIK Procedure — It's Safe And Proven

The technology used in the

iLASIK procedure is very mature and very safe. Doctors have been doing LASIK for over a decade. Nearly 32 million LASIK procedures have been performed to date, making it the most common elective vision procedure in the U.S. In fact, all branches of the U.S. military and NASA recently approved LASIK for their service-

men and women thanks to studies using iLASIK technology.

You're Probably A Candidate

The reality is that the majority of people who meet the age and general health requirements are in fact good candidates for the iLASIK procedure. There are some conditions that exclude certain patients, but whether you have nearsightedness, farsightedness or astigmatism, there's a good chance you can still have the iLASIK procedure.

If you meet the basic criteria below, you should call today to book your free evaluation:

- You are at least 18 years old
- You are in good general health
- Have had a stable vision prescription for at least one year
- Have no existing eye disease

Presbyopia Correcting IOLs (Multifocal IOLs)

Presbyopia is a condition that most people over the age of 40 experiences that result in difficulty seeing up close without the aid of bifocals, trifocals, or reading glasses. The age-related condition is believed to be caused by a hardening of the lens inside the eye, making it difficult for the eye's muscles to change its focus. Over time, the lens becomes cloudy and develops into a cataract. It is said that, if we live long enough, we will all develop cataracts. The only way to treat cataracts is to remove and replace them with an Intraocular Lens (IOL).

Until recently, the primary option was to receive a "fixed focus" IOL. Patients who received this type of IOL typically had both eyes corrected for distance vision but usually still required glasses for intermediate and near vision.

If you are experiencing presbyopia or cataracts, you may be a candidate for one of the new technologically advanced IOLs that can provide a full range of vision. This means that you can read and see clearly in the distance and everything in-between, with little or no dependence on bifocals, trifocals, or contact lenses. It's almost like having a bifocal or progressive lens inside your eye.

Depending on the technological features of these IOLs, they

may be described as "Accommodating IOLs", "Apodized-diffractive IOLs", or "Multifocal IOLs". Each of these lenses has some advantages and disadvantages. Which one is best for you depend on the unique characteristics of your eye as well as your lifestyle needs.

The vast majority of patients who chose a Multifocal lens report they can read a book, work on a computer, drive a car and play golf or tennis with an increased freedom from glasses. Multifocal lens surgery can address cataracts, presbyopia and astigmatism.

Intraocular Lens for Astigmatism

Advances in Intraocular Lens (IOL) technology now provide a reliable and effective option for patients with astigmatism. Until the recent introduction of Toric IOLs, people who are considered candidates for intraocular lenses could only have their nearsightedness and farsightedness corrected during lens implant surgery. Patients with astigmatism would either require corneal refractive surgery (LASIK, PRK, or LRI) after lens implant surgery or they would remain dependant on glasses or contacts due to uncorrected astigmatism.

Astigmatism is caused by the cornea being more curved in one direction than the other, much like a football. Toric IOLs are specially shaped IOLs designed to offset the imbalance created by the irregular shape of the cornea. Once implanted and aligned inside the eye, they stay fixed in place, thereby eliminating pre-existing astigmatism.

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Bariatric Surgery – Weight Loss and Much More

Although bariatric surgery has proven to be an effective and lasting treatment for morbid obesity, mounting evidence suggests that the benefits go far beyond weight loss.



Dr. Scott Shikora
Director, Center for Metabolic Health and Bariatric Surgery,
Brigham and Women's Hospital

According to Dr. Scott Shikora, Director, Center for Metabolic Health and Bariatric Surgery at Brigham and Women's Hospital, the ultimate goals of weight loss surgery should be the health ben-

efits, not just the weight loss. He explains that most of us are aware that bariatric surgery can lead to dramatic weight loss and a corresponding increase in self-esteem, but many of us don't realize how many metabolic diseases and conditions can be effectively treated through weight loss surgery.

Shikora and his peers are thus trying to raise awareness about the breadth of weight loss surgery's benefits. "The field is now more focused on the health benefits of weight loss surgery," says Dr. Shikora. "We talk to patients about the health benefits first, and then we talk about weight loss."

Less Weight Equals Better Health

Weight loss surgery, like other weight loss methods, is important for treating heart disease, depression, asthma, infertility in women, osteoarthritis, and gout. However, bariatric surgery is also believed to be particularly effective at treating metabolic conditions such as

type 2 diabetes, high blood pressure, high cholesterol, fatty liver disease, and obstructive sleep apnea – and in some cases, such as type 2 diabetes, independent of weight loss.

"Gastric bypass, in particular, has been shown to be extraordinary in its ability to improve or even cure diabetes," says Dr. Shikora. He explains that over 80 percent of patients with type 2 diabetes can expect to leave the hospital with normal blood sugars and be off all their medications within days of surgery.

Furthermore, a recent Swedish study has shown that obese patients who undergo bariatric surgery are less likely to die from a heart attack or stroke than those patients who undergo more conventional treatment for their weight condition.

"Quite simply," explains Dr. Shikora, "I'm convinced that, overall, qualified candidates who opt to have bariatric surgery end up living longer and having a better quality of life."

A Team Effort

Dr. Shikora's team, one of the most experienced in New England, features surgeons, dieti-

tians, physician assistants, psychologists, and nurses who specialize in caring for weight loss surgery patients. They also collaborate closely with other de-

partments within the hospital to provide comprehensive pre-operative, surgical, and postoperative care.

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For more information about bariatric surgery at Brigham and Women's Hospital, call 1-800-BWH-9999 or visit www.brighamandwomens.org/weightlossurgery.

Thinking about Weight Loss Surgery?

If you are looking for an effective way to finally lose weight, consider the Center for Metabolic Health and Bariatric Surgery at Brigham and Women's Hospital and Faulkner Hospital. Our comprehensive program* offers a variety of options based on your needs, including the latest in surgical treatments to help you achieve and maintain a healthier weight. Our team of experienced surgeons is dedicated to finding the best solution for you.

Learn more at a free information session at either of our two locations – Brigham and Women's Hospital or Faulkner Hospital, register at (617) 732-8500 or visit brighamandwomens.org/weightlossurgery



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Center for Metabolic Health and Bariatric Surgery

We welcome our new Director of
the Center for Metabolic Health and
Bariatric Surgery, Dr. Scott Shikora.



From left: Dr. David Lautz, Dr. Ashley Vernon, Dr. Malcolm Robinson, Dr. Scott Shikora, Dr. Jooyeun Chung and Dr. Ali Tavakkoli

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People often use the New Year as an opportunity to get healthy, and many of us make resolutions that involve exercise and dieting. But this year, you can take another important step towards health by finding the right primary care provider for you.

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physicals and other services specific to your needs like diabetes management, mental health, or women's health and pregnancy care. By coordinating all of your needs at one of our 15 convenient locations, we make it easier for you to stay healthy.

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- Convenient appointments.

Many of our sites offer appointment times before and after work, letting you find care that works with your busy schedule.

- Online medical records. Our MyCHART system is an easy way to view your records, contact your care team, get a prescription refill and request an appointment.

- Direct access to top specialists. If you have a particular health concern, such as arthritis or heart disease, we will connect you to a board-certified specialist at one of our three hospital campuses.

- Providers that speak your language. We are proud to have doctors that speak many different languages, and we have interpreters available at all our sites.

• We are committed to innovation. We are known nationally for our work with the new Patient Centered Medical Home model of care, and all of our sites are connected by a state-of-the-art electronic medical record.

Make a new year's resolution that will last throughout 2012 by joining Cambridge Health Alliance. Learn more at visit www.challiance.org/beapatient or get connected today by calling the CHA Doctor Finder Service at 617-665-1305.

Cures for the Common Cold...For Your Teeth



You're sniffing, coughing, and sneezing, and your sinuses feel as if they've gone on strike. You have a cold, or worse, the flu. As if that's not bad enough, now your teeth are starting to ache. How can that be? Is there a connection between what's going on with your drippy nose and your teeth? And is there anything you can do to ease the pain when your teeth have a "cold"?

The common cold is an acute infection of the upper respiratory tract caused by one or more of several viruses. Symptoms of the common cold may vary depending on the part of the respiratory tract involved, but almost all patients have nasal discharge, nasal congestion, and a sore throat. Some patients may complain of fatigue and cough; other less-common symptoms include fever, headache, earache, and sensitive teeth.

In some cases, the common cold is brought on by a virus that causes a sinus infection. Symptoms of a sinus infection are headache and severe pain localized in the region of the involved sinus. However, the roots of the upper premolars and molars, along with the nerves supplying these structures, are in proximity to the upper sinus. This relationship explains why dental symptoms are frequently

associated with upper jaw sinus disease. The upper teeth close to the infected sinus also often ache, feel elongated, and are sensitive to pressure.

In order for you to alleviate the toothache pain associated with the common cold or a sinus problem, the Massachusetts Dental Society recommends adopting good oral hygiene habits, which means brushing twice a day, flossing daily, and using an antiseptic mouth rinse. A healthy diet of soft foods is also recommended. Be sure not to eat extremely hot or cold foods, and don't chew or swallow on the infected side.

Antibiotics are the first choice in the treatment of a sinus infection and should be used in conjunction with antihistamines to help provide drainage for the upper sinus, so you may want to consult your physician. And if any pain unrelated to your cold persists, see your dentist as soon as possible to rule out any other oral health problems.

For more information on your oral health, contact the Massachusetts Dental Society at (800) 342-8747 or visit www.massdental.org.

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January is Cervical Cancer Awareness Month

Dana-Farber Cancer Institute wants you to know the signs and symptoms



Each year, over 12,000 women are diagnosed with cervical cancer and over 4,000 will die of the disease. The good news is that most cervical cancers are preventable through regular screening and treatment of pre-cancerous changes.

Cervical cancer usually develops slowly over time. Before cancer appears in the cervix, the cells of the cervix go through changes known as dysplasia, in which cells that are not normal begin to ap-

pear in the cervical tissue. Later, cancer cells start to grow and spread more deeply into the cervix and to surrounding areas.

Anything that increases your risk of getting a disease is called a risk factor. Having a risk factor does not mean that you will get cancer; not having risk factors doesn't mean that you will not get cancer. People who think they may be at risk should discuss this with their doctor.

Human papillomavirus (HPV) infection is the major risk factor for development of cervical cancer. Infection of the cervix with HPV is the most common cause of cervical cancer. Not all women with HPV infection, however, will develop cervical cancer. Women who do not regularly have a Pap smear to detect HPV or abnormal cells in the cervix are at increased risk of cervical cancer.

Other possible risk factors include the following:

- Having many sexual partners.
- Having first sexual intercourse at a young age.
- Smoking cigarettes.
- Weakened immune system.

Early cervical cancer may not cause noticeable signs or symptoms but it can be detected early with yearly check-ups. Women should have yearly check-ups, including a Pap smear to check for abnormal cells in the cervix. The chance of recovery is better when the cancer is found early.

There are some symptoms that may be caused by cervical cancer. A doctor should be consulted if any of the following problems occur:

- Vaginal bleeding.
- Unusual vaginal discharge.
- Pelvic pain.
- Pain during sexual intercourse.

There is a test that examines the cervix are used to detect and diagnose cervical cancer. A Pap smear is a procedure that collects cells from the surface of the cervix and vagina. A piece of cotton, a brush, or a small wooden stick is used to gently scrape cells from the cervix and vagina. The cells are viewed under a microscope to find out if they are abnormal. The test is painless and takes no longer than 10 minutes.

The bottom line is cervical cancer is treatable, but early detection is key.

To learn more about cervical cancer visit www.dana-farber.org

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States.

Cervical Cancer Prevention Awareness Event

Date: Friday, January 27
Time: 4:00-8:00 PM
Location: Dana-Farber's Blum Family Resource Center Van outside Lord & Taylor South Shore Plaza Braintree, Massachusetts

Join us and learn more about cervical cancer and the importance of prevention and screening.

For more information call Andrea Vasquez at 617-632-2614.

Dana-Farber's

February 2012

Site	
Wednesday 1	The Dimock Center
Tuesday 7	Bowdoin Street Health Center
Wednesday 8	Geiger Gibson Community Health Center
Tuesday 14	Whittier Street Health Center
Wednesday 15	Joseph Smith Community Health Center – Waltham
Thursday 16	Martha Eliot Health Center
Wednesday 22	South End Community Health Center
Thursday 23	Mattapan Community Health Center
Tuesday 28	Bowdoin Street Health Center
Wednesday 29	Joseph Smith Community Health Center - Allston

March 2012

Site	
Thursday 1	Brookside Community Health Center
Tuesday 6	Whittier Street Health Center
Wednesday 7	Martha Eliot Health Center
Thursday 8	Longwood Medical Area – Children's Hospital
Tuesday 13	Bowdoin Street Health Center
Wednesday 14	Joseph Smith Community Health Center – Waltham
Thursday 15	Mattapan Community Health Center
Tuesday 20	The Dimock Center
Thursday 22	Southern Jamaica Plain Health Center
Tuesday 27	Bowdoin Street Health Center
Wednesday 28	Joseph Smith Community Health Center – Allston
Thursday 29	Mattapan Community Health Center

Mammography Van

Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

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Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

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Letters

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Ron Paul would fix our drugs problem

RE: "NATIONAL JOKE IS WHAT'S 'DESPICABLE'": Robert La Rosa paints a grossly distorted picture of Ron Paul. Paul is the only candidate for President (including Obama) who would seek to end the war on drugs, which disproportionately affects minorities. Under a President Paul, there would be no distinction (by the federal government) between smoking marijuana and drinking alcohol. The federal government does not arrest people for drinking beer, and so it should not for using other drugs. This would decrease the amount of minorities in prison who are only there for non-violent drug crimes. If that sounds racist, we are truly living in a backward society.

KELLY DONNOE, VIA E-MAIL

Conservatives have poisoned politics

It is now official: While liberals are far from blameless in the poisoned waters of politics I have to say as a member of neither party that conservatives are the ones who need to stop, assess and go seek help. Threats of violence against liberal candidates and voters to keep them home; actually shooting a liberal Congressman and now someone in Arkansas has killed a cat and left it spray-painted with the word "liberal" on it for its owner. Conservatives need to start living by those "heartland values" they try to cram down my throat at gunpoint instead of just spouting them in between terrorist attacks. Using threats and violence to get your way is what Osama bin

Laden would do, and hopefully conservative Americans will stop trying to use Osama's anti-American methods in their quest for power at any cost.

DOUG BROWN, QUINCY

"The game is how to grab huge amounts of money from other people's work."

Romney and Gingrich are two sides of the same coin. Both are smart and cunning enough to play the game and win. And the game is how to grab huge amounts of money from other people's work. They're both living the Republican version of the American Dream. Well, it sure isn't my dream.

PAUL SIMONS, VIA E-MAIL

George W. Bush like the cowardly captain

George W. Bush leaves me with same taste in my mouth as the passengers Costa Concordia must have tasted when Captain Francesco Schettino abandoned ship, leaving them to fend for themselves. W never defended his high-deductible insurance and medical savings account plan when ObamaCare made it illegal. Like Schettino, Bush is in his lifeboat drinking champagne and oblivious to his dereliction of duty.

JOSEPH DUPONT, VIA E-MAIL

GOP deserves to be smacked a little bit

RE: "QUIT BEATING UP ON THE REPUBLICANS": There are so many reasons why the Republican Party deserves to be "beaten up." But simply put, it's their blatant and vicious use of bigotry in their politics that I can't get past. This is a signifier that the party is ideology tainted. The Party deserves a beat down.

MATT BROWN, VIA E-MAIL

Horoscope

♊ Aquarius Jan. 20-Feb. 19. If you study your financial affairs down to the last detail, you should be able to discover some new ways to generate the gains you desire. Don't take your past situations for granted.

♓ Pisces Feb. 20-March 20. Refrain from judging someone you don't really know based on dubious information. Even if this person is difficult for some to get along with, this may not hold true for you.

♈ Aries March 21-April 19. Playing a supportive role generally isn't your bag; you're usually the person leading the pack. However, if you handle your unaccustomed position well, the accolades will be shared.

♉ Taurus April 20-May 20. Observe and study persons you admire who do things right, and you can learn more from them than you do from books. Pay heed not only to what they say, but what they do.

♊ Gemini May 21-June 20. If you think those who are handling something of significance aren't doing a good enough job, assume a more active role in their efforts. Set an example they'll want to follow.

♋ Cancer June 21-July 22. When you allow yourself to have as much time as needed to analyze an important decision, you'll be able to reach a solid conclusion. Don't cut yourself

off at the knees.

♌ Leo July 23-Aug. 22. Any task that requires considerable concentration as well as a certain amount of boldness is what you'll excel at, so don't shy away from these kinds of jobs.

♍ Virgo Aug. 23-Sept. 22. Because your powers of persuasion are exceptionally strong, you'll be remarkably good at turning people to your way of thinking. Now is the time to make your pitch.

♎ Libra Sept. 23-Oct. 23. The timing is perfect for attending to a serious matter that you've been sidestepping. Take a deep breath and get down to business the moment you see an opening. It may not last long.

♏ Scorpio Oct. 24-Nov. 22. Numbered among your many virtues is an excellent organizational ability that you'll have a chance to use today. Just be careful not to employ a heavy hand when giving orders.

♐ Sagittarius Nov. 23-Dec. 21. Provided profit is a motivation, this can be quite a rewarding day for you. If your desire to accumulate that paper is strong enough, you might be able to make some serious gains.

♑ Capricorn Dec. 22-Jan. 19. The possibilities for advancing your self-interests are exceptional. Don't be unduly self-serving — just push for what is personally important.

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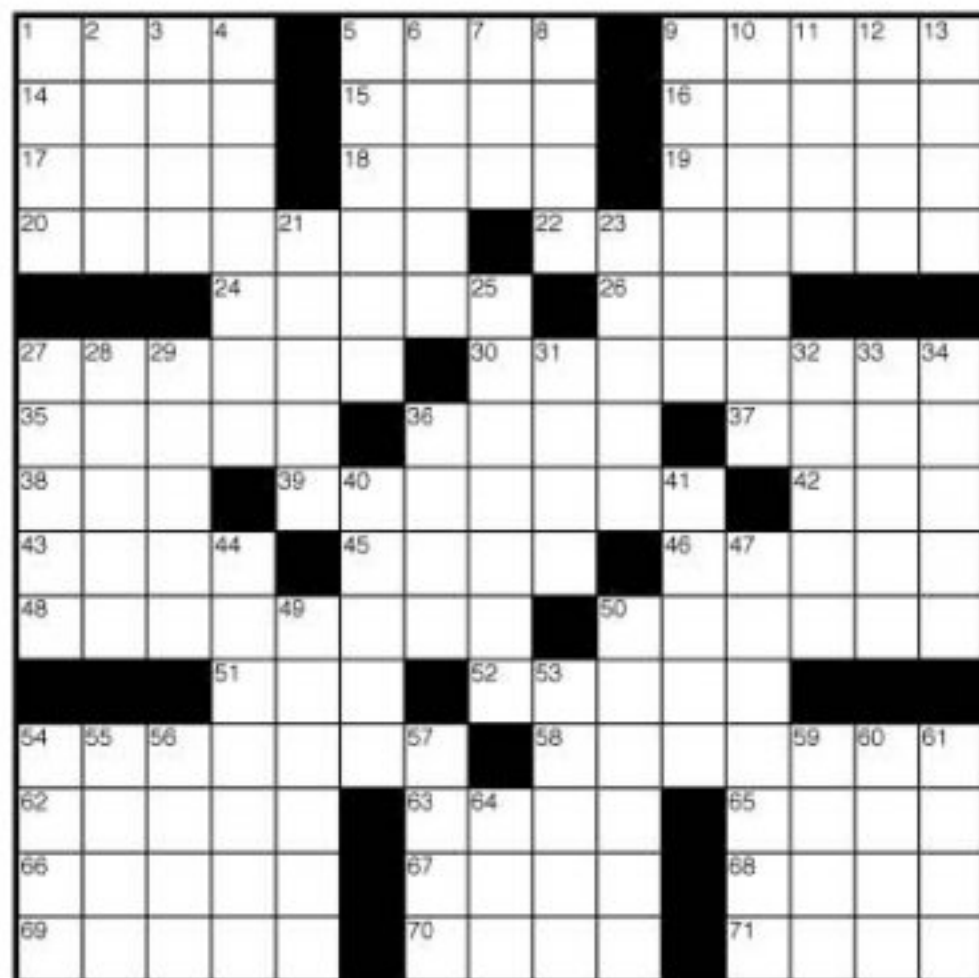
Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Across

- 1 Razor feature
- 5 Hindu royalty
- 9 Kitchen gadget
- 14 Limited time
- 15 Nefertiti's god
- 16 Chew the scenery
- 17 Double-decker sandwich
- 18 PC screens
- 19 Fine violin
- 20 Charcoal grill
- 22 Like a hawk
- 24 Gather wool
- 26 Fox's abode
- 27 Sculptor's need
- 30 Acquired a patina
- 35 Tint twice
- 36 Palm reader's opener (2 wds.)
- 37 Verdi's princess
- 38 Tavern order
- 39 Income
- 42 IV x XIII
- 43 Edict
- 45 First name in spying
- 46 Sings gaily
- 48 Open-minded
- 50 Like patent leather
- 51 On the __ vive
- 52 Like a teacup
- 54 Start over
- 58 Windfall
- 62 A second time
- 63 Mountain refrain
- 65 Cat's-paw
- 66 Data in rows and columns
- 67 Que. or Ont.
- 68 Self-images
- 69 Sam __ of golf
- 70 Split
- 71 Thanks, in Kyoto

Down

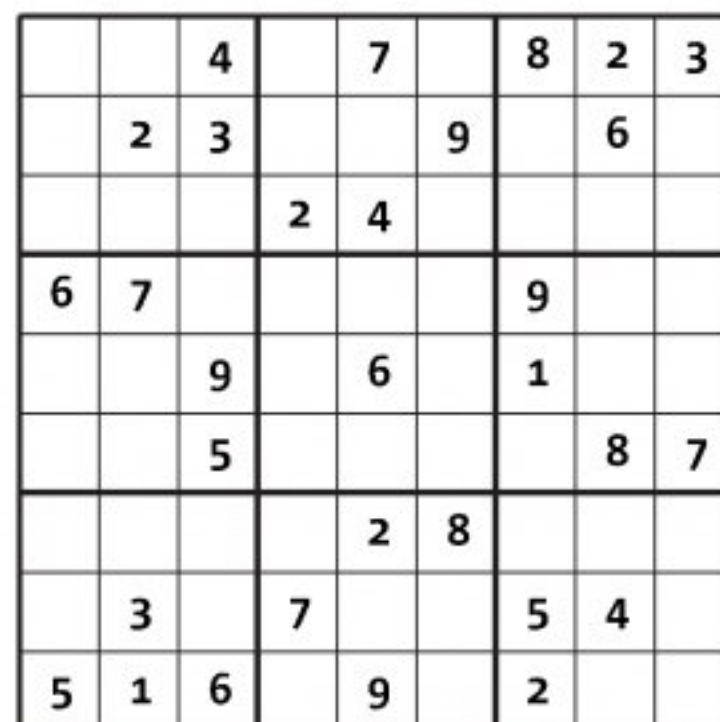
- 1 Draw on glass
- 2 Salami vendor
- 3 Root around



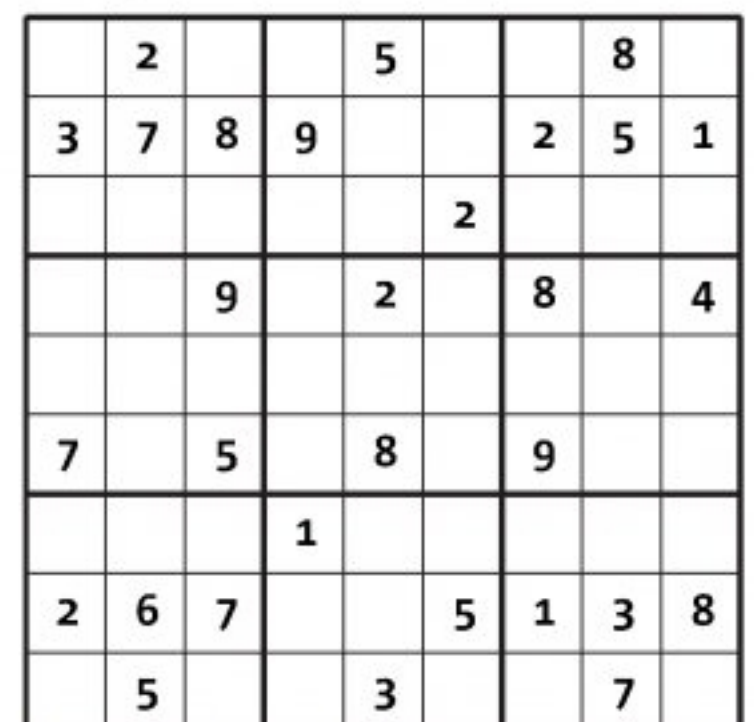
- 4 Diplomat's post
- 5 Biologist __ Carson
- 6 Skylit courts
- 7 Mesh
- 8 Scholarly org.
- 9 Chimed
- 10 Pungent cleaner
- 11 Reddish-brown horse
- 12 Diminutive suffix
- 13 John __ (the Lone Ranger)
- 21 Gladden

- 23 Word of parting
- 25 Leopard spot
- 27 Make by hand
- 28 Sun, in combo
- 29 Best possible
- 31 Lucy Lawless role
- 32 Belly dance clackers
- 33 Fixes typos
- 34 Common wildflower
- 36 A Karamazov
- 40 Click "send"
- 41 Barkin or DeGeneres
- 44 Cactus drink

- 47 Treated salt
- 49 Bankrupted
- 50 Furrow
- 53 Dislike intensely
- 54 Wharf denizens
- 55 "A Summer Place" star
- 56 Golf's __ Zaharias
- 57 Part of LAPD
- 59 Dud, to NASA (hyph.)
- 60 Kind of lens
- 61 What is more
- 64 __-Magnon



SUDOKU LEVEL: EASY



SUDOKU LEVEL: HARD

Solution to yesterday's crossword



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Mediocre Brady can't show

► QB has not been clutch in playoff games of late ► Struggles against aggressive defenses continue

The common theme over the next couple of weeks regarding Tom Brady's struggles against the Ravens in the AFC championship game will be

"(SpyGate) is part of your team's DNA now. You have to live with that as a fan. And when something fishy goes on in one of these games, you don't get the benefit of doubt."

CHRIS RUSSO TALKING ABOUT THE GILLETTE STADIUM SCOREBOARD OPERATOR ON SIRIUS XM RADIO'S "MAD DOG UNLEASHED"

that Brady NEVER has poor back-to-back outings.

Well, that's not entirely true. If you're going by Brady's unbelievably high standards, look no further than the last time the Patriots were in this position to find two consecutive games in which he played poorly.

In the 2007 AFC championship game against San Diego, Brady finished with a QB rating of 66.4 and tossed three interceptions to go along with two touchdown passes and 209 yards.

Two weeks later, in Super Bowl XLII against the Giants, Brady was better with an 82.5 QB rating and 266 yards passing. He did not throw an interception, but he only tossed one touchdown. Those are fine numbers for most quar-



► Tom Brady said he "sucked" against the Ravens last Sunday.

terbacks, but for Tom Brady, it was yet another stinker.

As a reference point, Brady had just four games in 2011 in which he finished the game

with a below 100 QB rating.

Of course, his worst game of the 2011 season came against the Giants at home, in which he had a 75.4 QB rating

with two interceptions and two TD passes.

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Sweeping Magic week

The 2011-12 NBA schedule is chock-full of strange back-to-backs and odd road trips due to the lockout.

This week the Celtics will encounter possibly the most unusual twist of their slate.

After blasting Orlando at TD Garden, 87-56, Monday night in a game in which the

ON TV THURSDAY

Celtics at Magic
8 p.m., TNT, CSNNE

Magic scored their lowest point total in franchise history, the Celtics will meet the Magic once again, this time in Orlando on Thursday night (8

p.m., TNT).

One matchup that will be intriguing to watch will be the big man showdown of Orlando's Dwight Howard against the Celtics' Jermaine O'Neal. The two nearly came to blows Monday night when O'Neal felt Howard was being a little too liberal with his elbows.

The Celtics center stuck his finger in front of Howard's face and the two had to be separated by teammates.

"It's stupid to fight on the court at all, so I wasn't about to go back into it with him," said Howard. "But that's kind of crossing the line when somebody puts a hand in your face. I just put his hand out of my face. I didn't run up on him. It's basketball. We're not MMA fighters."

Ray Allen is expected to miss his second straight game with a left ankle injury.

MATT BURKE
matthew.burke@metro.us



► Kevin Garnett and the Celtics got the best of Glen "Big Baby" Davis and the Magic in the first game of a home-and-home.

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Quoted

"It started with a couple elbows that happened that I didn't really like too much."

CELTICS CENTER JERMAINE O'NEAL
ON SCUFFLE WITH DWIGHT HOWARD

Home-and-home

The Celtics have another home-and-home series with Cleveland next week.

► The C's first home-and-home this season went well with two wins over Washington.

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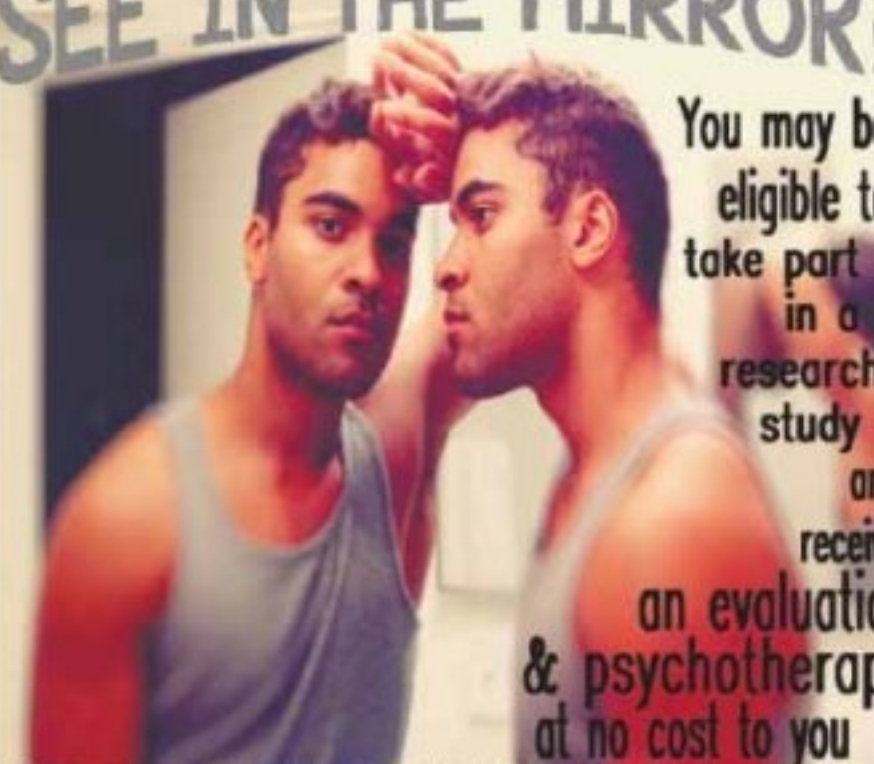
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at home with metro

A 'serene oasis' in Brooklyn

► Jewelry designer Elsa Mehary channels India and Tulum in her vibrant pad ► How to replicate the look

PHOTOS: ASHLEY MACKENICA

"I can remember being 19 years old and hand-carrying a large glass lantern from Cairo back on the plane because it was too fragile to pack in my luggage," Elsa Mehary says of one of the many conversation-starting details in her pad. "But now, the same lamp can be found in a store like West Elm, imported for half the price and minus the story of adventure in an intricate maze of bazaars," she adds.

Mehary has lived in her two-bedroom apartment in Park Slope for 15 years. She's spent that time filling the place with carefully chosen figures and textiles she's picked up traveling to places such as Bali, India and Tulum. "I think of my apartment as a serene oasis in



► Elsa Mehary has been carefully cultivating the eclectic global style of her Park Slope apartment for 15 years.

All about Elsa

Name: Elsa Mehary
Occupation: Designer behind the jewelry line Mehary (www.elsamehary.com), and art director
The space: A two-bedroom brownstone storefront
The city: Brooklyn, New York

the center of chaos," she says.

She's achieved an overall look and feeling of zen through a mix of spiritual figures and colors that she found in near and far-flung places. There's the gold head of Buddha she found in Chinatown: "It's really heavy but I love the serenity it brings to the space." And an ornate cross that lies next to a box of Bach flower remedies imported from Israel. "I was born in Ethiopia and plan on returning there this year to visit all the amazing churches built into the ground in Lalibela. The cross is a traditional Orthodox relic from Addis Ababa, originally owned by my mom," she explains.

"The look of my apartment is constantly changing," Mehary admits. But the sense of calm never changes. "I incorporate the feng shui principles in determining location of color throughout the house."

Get the look

1 Play with accent walls
 "I change the accent wall over each fireplace. Red in the bedroom for passion and blue in the living room for calm," Mehary says.

2 Embrace the blank canvas
 "Many of the walls feature blank canvases because I didn't want them to look bare, but I did want there to be a sense of space. And because I am a creative, I need lots of inspirational items around for reference when I am drawing or designing," she explains.

3 Rotate accessories
 "I kept almost all of the walls white so that I could accessorize the place with colorful pillows, fabrics or textures. I switch them in and out according to the season," Mehary says.



KENYA HUNT
 METRO WORLD NEWS IN LONDON



Metro Boston Mortgage Guide						Bankrate.com					
Program	Rate	Points	Fees	% Down	APR	Program	Rate	Points	Fees	% Down	APR
COMMONWEALTH COOPERATIVE BANK 617-364-6000 http://www.commonwealthcoop.com						EAST CAMBRIDGE SAVINGS BANK 1-866-354-ECSB (3272) http://www.ecsb.com					
30 yr fixed	4.250	0.000	\$1164	20%	4.310	30 yr fixed	4.125	0.000	\$959	20%	4.174
15 yr fixed	3.750	0.000	\$1164	20%	3.854	15 yr fixed	3.500	0.000	\$959	20%	3.585
30 yr jumbo	4.990	0.000	\$164	20%	4.993	10/1 jumbo ARM	4.750	0.000	\$787	20%	4.063
15 yr jumbo	4.875	0.000	\$164	20%	4.881	5/1 jumbo ARM	4.250	0.000	\$787	20%	3.375
(C) 1172 River Street, Hyde Park, MA 02136						(C) 282 Cambridge St., Cambridge, MA 02141 NMLS# 441396					

Legend: The rate and annual percentage rate (APR) are effective as of 1/23/12. © 2012 Bankrate, Inc. <http://www.bankrate.com>. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (BA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept., (C) for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 700. Conventional loans are based on loan amounts of \$165,000. Jumbo loans are based on loan amounts of \$435,000. Points quoted include discount and/or origination. Lock Days: 30-60. Annual percentage rates (APR) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If you are seeking a mortgage in excess of \$417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms - ex. 360 monthly payments of \$5.25 per \$1,000 borrowed ex. 180 monthly payments of \$7.56 per \$1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. To appear in this table, call 888-889-4636. To report any inaccuracies, call 888-889-4636. <http://www.bankrate.com>

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Buyers' market

- Sales of single-family homes dropped 1.8 percent in 2011
- Expert predicts the trend is likely to continue ► This news isn't that bad, considering where we've been

There was a slight dip in both sales and prices in the Bay State real estate market in 2011, a trend that is likely to continue in 2012, according to a recent report from RE/MAX of New England.

Sales of single-family homes dropped 1.8 percent in 2011 compared to 2010 and prices declined .4 percent, according to RE/MAX of New England 2012 Housing Market Outlook & Forecast.

"You hear a lot of people say it's the new norm in real estate. We are getting used to the market in a little different production light," says Jay Hummer, executive vice president and regional director of RE/MAX of New England. "There's not as many units sold as the glory years of the early 2000s."

Massachusetts remains a solid market despite the slight decline in 2011 because of the relatively low unemployment rate, the number of universities and the blossoming biotech industry, says Hummer. In addition, the luxury market has remained robust

Quoted

"It's an unbelievable time to purchase real estate as an investment or a second home."

JAY HUMMER

in the cities and many affluent suburbs are booming.

Even though prices may not skyrocket in the near future, Bay State real estate is a good long-term investment, especially considering the low interest rates and the decrease in prices, says Hummer.

"It's an unbelievable time to purchase real estate as an investment or a second home," he says. "It's one of those real estate markets where people are going to say 'I wish I had bought more real estate back then.'"



CHRISTINA WALLACE
christina.wallace@metro.us



► If you don't buy something now, you'll wish you did later.

The 2011 market around New England

Connecticut

Single-family home sales dropped 8.4 percent from 2010.

Maine

Single-family home sales dropped 4.21 percent from 2010.

New Hampshire

Single-family home sales increased .7 percent from 2010.

Vermont

Single-family home sales dropped 1.4 percent from 2010.

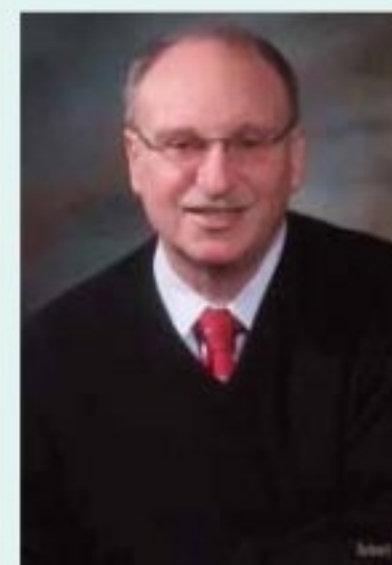
Rhode Island

Single-family home sales dropped 1.5 percent from 2010.

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REAL ESTATE ON THE GO!



WHAT DO YOU NEED TO PREPARE A WILL

By Attorney
George Warshaw

I'm often asked the question of what do I need to prepare a "will."

I start with several questions that help clarify one's thoughts:

- Are there any special family items (jewelry, photos, mementos, trophies) that you want certain persons to have?
- Is there any other jewelry or personal property that should go to a particular person?
- Do you want to leave a certain amount of money to someone?
- Do you want to make a donation to a charity or cause?

Now the big question: what do you want to do with the rest of your money, investments, real estate and property?

Sometimes the answer is simple, sometimes not. Don't agonize over it too long because you may never get around to making a will.

Wills are easily updated. In our office, we don't charge to update or revise a will within the first 12 months after it is first signed. It's better to make out a will out today and revise it tomorrow than never do it at all!

The last question: who do you want to manage or administer your estate; i.e. wrap up your affairs and handle the details?

Now you know how to start – please don't delay!!! © 2012 George Warshaw.



George Warshaw is a real estate attorney and author.

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Options for Reducing your Mortgage: 11:00am – 12:00 noon

Financial Assistance Workshops: 9:00am – 10:00am

& 10:30am – 11:30am

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How to Buy a Home that Needs Work: 10:30am – 12:00 noon

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